



NTC Newsletter February & March 2014

The Ninilchik Village Tribe traces its roots back to the first Native communities located around the Cook Inlet and surrounding area. Tribal Boundaries extend from the South side of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mount Redoubt.

Ninilchik
Traditional
Council

ninilchiktribe-nsn.gov

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3:00 PM Ninilchik Village Snow

Council Meeting Schedule

The next Regular Council Meetings are scheduled for:

- ◇ Thursday, February 13th at 10:00 AM
 - ◇ Friday, March 14th at 10:00 AM
- at the NTC Administration Office Conference Room

Office Closures

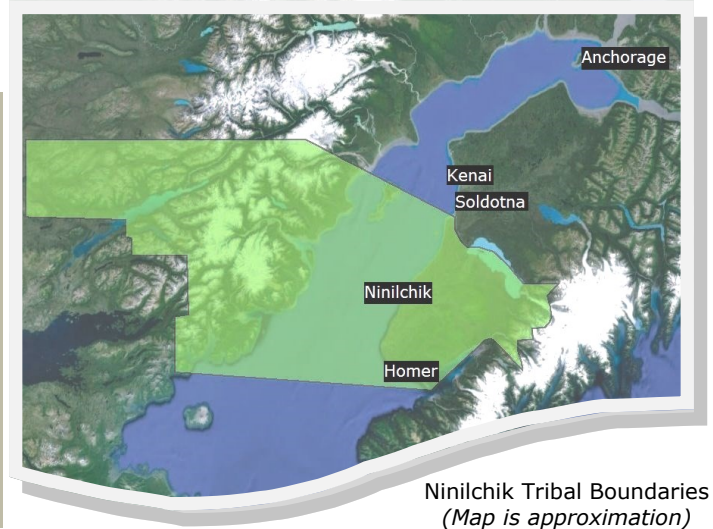
The NTC Offices will be CLOSED on:

- ◇ Monday, February 17th for Presidents Day
- ◇ Monday, March 31st for Seward's Day



Who We Are

The Ninilchik Village Tribe is made up of approximately 800 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaska Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted, for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.



NTC Board of Directors

Richard Greg Encelewski

President

William Dean Kvasnikoff

Vice President

Tammy Bear
Secretary & Treasurer

Whitney Schollenberg

Director

Gary Jackinsky

Director

NTC Executive Director

Ivan Z. Encelewski

NTC Staff

Department Directors

Bob Crosby, Housing Director
Maria Goins, Chief Financial Officer
Janet Mullen, Tribal Health Director
Christina Pinnow, Tribal Services Director
Shelley Self, Deputy CEO
Darrel Williams, Resource & Environmental Director

Staff

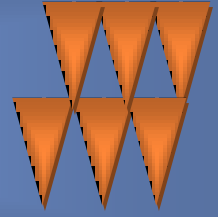
Krizzie Basmayor, Health & Wellness Club Attendant
Dave Bear, EMS Assistant
Shirley Chihuly, Education Manager
James Day, Head Maintenance Laborer
Jennifer Day, Clinic Administration & Patient Accounts Specialist
Ashley Eisenman, Health & Wellness Club Attendant
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Sharon Fromong, Clinic Business Office Assistant
Joshua Geibe, Registered Nurse
Jennifer Gilbertson, Health & Wellness Club Attendant
Donna Henry, Behavioral Health Services Manager
Eric Hanson, Maintenance Assistant
Lynn Kennedy, Health & Wellness Club Attendant
Argent Kvasnikoff, Administrative Assistant
Leslie McCombs, Clinic Front Desk Receptionist

Jennifer Miller, Clinic Medical Biller
Perry Miller, Systems Administrator
Jamie Oskolkoff, Secretary-Receptionist
Pat Oskolkoff, Clinic Special Projects Coordinator
Diane Pherson, Procurement Officer & Finance Assistant
Michael Pinnow, Assistant Maintenance Laborer
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Tiffany Robuck, Native Youth Olympics Coach
Lindsay Schnabl, Health & Wellness Club Attendant
Dr. Sarah Spencer, Medical Provider
Bettyann Steciw, Social Services & ICWA Specialist
Anna Sutton, Health Programs Receptionist
Maureen Todd, Behavioral Health Aide
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Gina Wiste, Environmental Technician



Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director



I hope that everyone is having a wonderful winter and all is well. I am anxiously awaiting the vision and wisdom of the famous groundhog "Punxsutawney Phil" who will give us his prediction on whether we can expect an early spring or not. With that being said and with hopes of an early thaw, I will once again be advocating for positive action in relation to our educational fishery permit. Due to the stated declines in the king salmon escapement, especially in the Ninilchik River, we can expect a fight just to keep what we had this past season. Last year we were able to add a south net below the harbor, yet the allocation was capped in the mid-season to releasing Kings, which is unacceptable for our people. Advocacy will continue and while we are cautiously optimistic, the educational fishery for 2014 does not appear to be poised to gain any allotments or advances at this time.

On a positive note, please be advised that we have a new doctor on staff at the clinic. Dr. Sarah Spencer, DO started in late November 2013 and she has been a tremendous asset to our healthcare delivery. She is available Monday, Wednesday, and Thursday at the clinic. Please pass the word as we continue to upgrade our health services and programs.

For those who may not have heard, Tiffany Stonecipher is leaving at the end of the month to head south in order to start a new chapter in her life. Tiffany has been a tremendous asset to the tribe and advanced the Elders Outreach Program to unbelievable heights. I want to personally recognize, honor, and thank her for the profound services she has given to the tribe and the community. Along these lines, we are continuing to recruit for a new Elders Outreach Coordinator. If you know of any tribal member that may be interested, please have them fill out an application or contact us as this is a vital position to advocate, provide a luncheon, and represent on behalf of our elders.

On the council news front, the board held their regular meeting on January 9th, 2014. They heard reports from the program directors and discussed ongoing activities. The council adopted resolutions which included: applying for diabetes and environmental grant funding, along with an Indian Child Welfare Act (ICWA) grant, approved new members, and authorized entering into an agreement with the state for a breast and cervical cancer screening program. The housing program's annual self-monitoring report was reviewed, discussions were held on making NTC offices smoke-free, and updates were given on the Affordable Healthcare Act (ACA).

In closing, I want to thank all the NTC staff and board for their excellent work. It has been a team effort to see so many things come to fruition. Please feel free to stop in for some coffee, and I encourage you to attend the regular council meetings or get involved with ongoing events/activities here at the Tribe. Thank you.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director

Affordable Care Act Notice

Affordable Care Act: Important Notice for Tribal Members and Alaska Natives

Starting on January 1, 2014, every American must prove that they have health care coverage under the Affordable Care Act (ACA), also known informally as 'ObamaCare'. Please keep in mind that there are special exemptions, some of which apply directly to Alaska Native and American Indians.

Alaska Native and American Indians who are members of federally recognized tribes, or who are shareholders of an Alaska Native Village or Regional Corporation, are exempt under the ACA from the requirement to purchase insurance.

Members of federally recognized Indian Tribes in the above category have two (2) choices.

1.) They can apply for an exemption through the Marketplace, thereby completing an application for an exemption that must be filled out and mailed in with supporting documentation,
or 2.) they can simply handle it on their federal tax return. You can ask the IRS for this exemption when you file your federal tax return in 2015 (for the 2014 tax year). You do not necessarily need to fill out the exemption form.

Furthermore, Alaska Native and American Indians and Other Individuals who are Eligible to Receive Services from an Indian Health Care Provider, who are not members of a federally recognized tribe or an Alaska Native Village or Regional Corporation, must apply for the exemption through the Marketplace *and* complete the paper application. You are eligible for the exemption through the Marketplace if you can prove any of the following:

- Enrollment in a federally recognized Tribe;
- Alaska Native Claims Settlement Act (ANCSA) shareholder status (village or regional), or;
- Eligibility to receive services from an Indian Health Service (IHS) facility/Tribal health care provider

"In order to qualify for this exemption through the Marketplace, Alaska Native and American Indian people will have to apply for the exemption through a paper application process. This paper application can be printed at:

<http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf>

When you complete the application, you must send copies of supporting documents, such as:

Preferred documents:

- Tribal enrollment card/letter
- Proof of ANCSA Shareholder Status (Regional or Village)

These documents ensure you qualify for ACA special benefits for Alaska Natives and American Indians

Other accepted documents:

- Certificate of Indian Blood (CIB) card issued by the Bureau of Indian Affairs (BIA)
- IHS Eligibility Letter

Please do not send originals of these documents as they will not be returned to you.

Please remember to complete Step 2 of the application for all members of your family, including children. Also, be sure to send copies of the same supporting documents for every member of your family that needs the Indian Status Exemption to avoid a tax penalty.

Affordable Care Act Notice Cont.

Within 2-4 weeks of mailing the form, the Federal government will inform you if they need additional information. If you receive this exemption, you will be sent an Exemption Certificate Number that you will put on your federal income tax return. It is important to keep a copy of this Exemption Certificate Number in a safe place for future use. If you do not hear from the Federal Government within 4-6 weeks, contact the Health Insurance Marketplace Help Center at 1-800-318-2596.

Frequently asked questions about the ACA:

Q: What if I already have health care coverage?

A: If you have health care coverage through Medicaid, Medicare, Denali KidCare, Veteran's Benefits or your employer provides health insurance, you have met the requirements of the Individual Mandate and do not need to purchase additional health care coverage to avoid the tax penalty. You do not need to complete the Indian Status Exemption paperwork if you have health care coverage. However, the Indian Exemption is a lifetime exemption.

Q: If I don't buy insurance, will I still be able to get health care services at my IHS/Tribal health facility?

A: Yes, you will still be able to get care at your IHS/Tribal health facility. The health care services provided at IHS/Tribal health facilities are not changing. However, you will need to apply for an exemption."

Remember, if you are a member of the Ninilchik Village Tribe, you can receive your exemption simply by requesting it when you file your federal income tax return. Due to the fact that the exemption was expanded administratively to include other Alaska Native and American Indians who were not enrolled to tribes or Alaska Native Corporations, the individuals in the latter category must fill out the paper exemption. This is why there are two different methods available to tribal members, making it easier to claim the exemption for tribal members as it was written into the original law, and not added or promulgated by administrative action which could be changed in the future.

The NTC Offices, Tribal Services Department, and the Ninilchik Community Clinic have applications available and can help you through the exemption process if you choose to apply through the Marketplace. Please contact us if you have any questions. Thank you.



Job Vacancies

For a full job description and an application, please visit the NTC administration office or find printable versions on our website at www.ninilchiktribe-nsn.gov in the Employment section. Job applicants must submit a completed NTC Application for Employment as well as a resume in order to be considered.

ELDERS OUTREACH PROGRAM COORDINATOR VACANCY ANNOUNCEMENT

Announcement Date: December 4th, 2013

Position Title: Elders Outreach Program Coordinator

Position Type: Permanent Part Time Classified at 32 Hours per Week

Closing Date: When Filled

Position Begins: Immediately

Salary: D.O.E.

Position Summary:

The Elders Outreach Program Coordinator will conduct activities that enhance the social, mental, cultural and physical well-being of the Ninilchik Elders. The Elders Outreach Program Coordinator position will work out of the Ninilchik Community Clinic Annex. The express purpose of this position is to provide advocacy, social contact, to monitor welfare and be a liaison to clients and their family with medical personnel or other agencies as needed and when requested, or at the request of the Elders. Additionally, this position shall provide positive social interaction for the elderly beneficiary population through structured activities that are formulated, established and implemented specifically by the Elders Outreach Program Coordinator. This includes providing or arranging a weekly Elder's luncheon that promotes interaction among all Elders. The Elders Outreach Program Coordinator will conduct home visits to the elderly and homebound of the immediate Ninilchik Tribal area, upon client's/family's request.

Visits shall be conducted in a friendly and informal basis with a positive emphasis. The Elders Outreach Program Coordinator will follow appropriate Federal and State regulations, especially with regards to being a mandated reporter to Adult Protective Services when exposed to a Vulnerable Adult. The Coordinator will involve the police when it is felt that there is an immediate threat to the safety of the Elder and/or notify Adult Protective Services if there is any suspicion of neglect, physical, verbal, or financial abuse.

The Elders Outreach Program Coordinator shall determine the types of assistance to be given through the Elders Outreach Program and will make the appropriate referrals to other agencies as needed.

This position will be under the direct supervision of the NTC Tribal Health Director. All NTC positions are subject to, and under the direct authority, of the NTC Policies and Procedures. NTC is an alcohol and drug-free workplace and employees are required to submit to alcohol and drug testing. As with all NTC positions, employment is subject to availability of funds.

Job Vacancies Cont.

For a full job description and an application, please visit the NTC main office or find printable versions on our website at www.ninilchiktribe-nsn.gov in the Employment section. Job applicants must submit a completed NTC Application for Employment as well as a resume in order to be considered.

RESEARCH TECHNICIAN VACANCY ANNOUNCEMENT

Announcement Date: January 13th, 2014

Position Title: Research Technician - ANILCA Survey

Position Type: Temporary Part Time

Closing Date: When Filled

Position Begins: When Filled

Salary: \$17.00/Hour

Job Summary:

Position conducts surveys regarding subsistence activities in the defined rural area of Ninilchik.

Employee Reports To: NTC Resource/Environmental Department Director

Specific Skills, Knowledge, and Experience Required:

- ◇ Must have a valid driver's license.
- ◇ Have organized, objective performance.
- ◇ Must be able to deliver and collect information accurately.

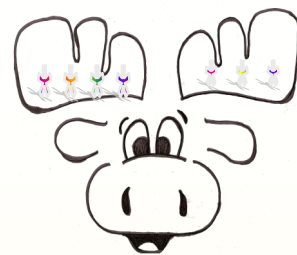
Specific Duties Performed:

- ◇ Perform work under the direction of NTC in accordance with direction, agreements, and contract documents.
- ◇ Travel to designated survey areas to meet with people and perform survey work.
- ◇ Attend survey training and perform tasks according to instruction.
- ◇ Prepare and deliver notes and documents.
- ◇ Participate in the preparation of reports and documents.
- ◇ The project manager may determine that variable work hours may be needed to accommodate specific data collection.
- ◇ Performs other duties as prescribed by the Resource Manager and/or the Executive Director or his/her appointed designee.

This position will be under the direct supervision of the NTC Resource/Environmental Department Director. All NTC positions are subject to, and under the direct authority, of the NTC Policies and Procedures. NTC is an alcohol and drug-free workplace and employees are required to submit to alcohol and drug testing. As with all NTC positions, employment is subject to availability of funds.

Tribal Services

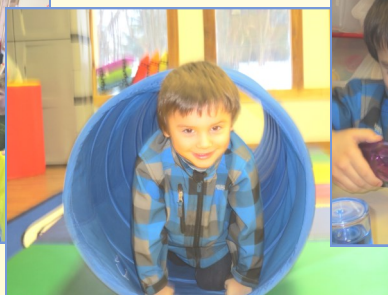
Early Learning Program



We've been staying pretty busy during class time, all students are progressing nicely and learning the routine plus a variety of academic and social skills. I am very pleased with the students

smooth transition into school. Students are happy to come to class, they pay attention and enjoy participating in circle, movement, music, and art activities.

This month, students have been busy learning about K: kites & kisses, L: lightning bugs & lollipops, M: moose & magnets, N: nest & names. Students ENJOYED playing with the parachute, tunnels and the balance beam and especially love playing the drums!!!



Parenting Classes: Enrollment Open Now!

SPROUT Family Services' Parents as Teachers program and the NTC Tribal Services Department are providing a free five-week parenting education course titled Conscious Discipline. The course is specifically designed to provide parents with the conscious awareness and skills needed to create safe, connected, problem-solving homes. It also teaches that discipline should be defined as not something that you **do to children**, but rather something you **develop within them**. By teaching new skills to adults first, and to children second, the course empowers adults to become the mindful parents they want to be.

Where families develop and grow.
SPROUT

The five two-hour classes will be held from 10:00 AM to 12:00 PM every Tuesday starting February 4th with the last class on March 4th. Classes will be held at the NTC Subsistence Building in Ninilchik.

To register to find more information please contact Bettyann Steciw at 567-3313 ext. 8

For more information on any of the Tribal Services Department's programs and services please call 567-3313 or e-mail NTC Tribal Services Director Christina Pinnow at chris@ninilchiktribe-nsn.gov

Niqnalchint Library & Arts

Library Updates & Events



Our Growing Collection

The tribal library is growing in leaps and bounds. If you have any titles or services you'd like the library provide let us know. We regularly add new materials, and we are glad to put tribal members' requested materials on a priority order list!

Niqnalchint Creative Writing

If you are a beginner interested in writing, whether it's stories, poetry, or even writing for information, join a meeting of our creative writing group to learn about different skills and inspirations to get you started! The group meets semi-monthly in the NTC Administration Conference Room in.

The next creative writing group meeting will be on February 28th at 2:00 PM.

Come join us as we explore the elements of writing a short story including how to create a character, whether they are made up from scratch or they are a fictionalized version of real experiences!

Tahyiga Book Club

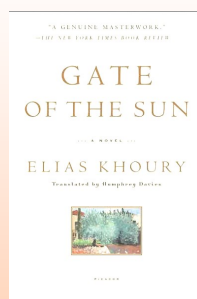
The Tahyiga Book Club meets monthly to Discuss contemporary Alaskan, world, and indigenous cultural literature. If you are interested in new, engrossing novels with cultural themes please come and participate!

Joining the club is free, and up to 10 people receive a free book a month. There are currently **2 places** left to be on the list to receive free books, so if you or somebody you know would like to join now is the perfect time to start getting back into reading.

The club meets on late month Fridays at the NTC Administration Conference Room. The next meetings will be on **February 21st & March 21st**. Please let us know if you would like to join!

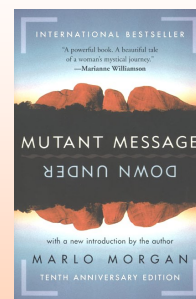
Book Club Selections Coming Up:

February Selection



Gate of The Sun
by Elias Khoury

March Selection



*Mutant Message
Down Under*
by Marlo Morgan

New Book Spotlight: Just some of the new titles in our collection:

Fiction



A Tale for the
Time Being
Ruth Ozeki - 2013

Non-Fiction



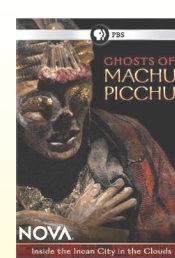
As Always, Julia: *The Letters of Julia Child & Avis DeVoto*
Joan Reardon, ed. - 2010

Alaskan



The Raven's Gift
Don Rearden - 2011

DVD



NOVA: Ghosts of
Machu Picchu
PBS - 2010

For more information about the Niqnalchint Library or other arts and culture activities please contact Tribal Librarian Argent Kvasnikoff at the NTC Administrative Office by phone at 567-3313, or by e-mail to argent@ninelchiktribe-nsn.gov

NTC Community Clinic

Tribal Health Director's Report

- * The 2014 Health Fair will be held at the Ninilchik High School on March 22, 2014 from 9am -2pm.
- * For those of you who have internet access at home, can access your patient information (insurance, demographics, clinical summaries, medications, diagnosis, etc.) through a patient portal.
- * Please ask for your patient portal access information, at your next clinic visit, or call and Leslie can give this information to you.
- * Emergency Room funds are available for those who meet the following eligibility guidelines:
 - Must apply for and/or use alternate resources (Medicare, Medicaid, VA, Private Insurance, Denali KidCare, Charity, etc.) and have a denial letter, before using NTC emergency funds
 - Must be a true 'life, limb or organ' emergency. For example: chest pain, acute respiratory distress, severe abdominal pain, loss of consciousness, stroke symptoms, severe wound, hemorrhage, sudden onset of weakness, numbness, severe injuries
 - Must be an eligible IHS beneficiary, non IHS spouses are not included
 - Must be an active clinic user within the last year and have lived in the Ninilchik Tribal boundaries for at least one year, (does not include Homer)
- * If you become ill during clinic hours, you must be seen at the clinic, if: your symptoms are not listed above, before a crisis develops, for the conditions listed below and for questions about whether your symptoms constitute an emergency If you are experiencing illness symptoms during clinic business hours, you should be seen earlier in the day at the clinic and they can determine if an emergency
- * Must get payment authorization from NTC and must notify NTC within 72 hours of occurrence
- * The following conditions do not warrant Emergency Room funding:
 - Recurrent migraine headaches
 - Ear aches
 - Sore throat
 - Toothache
 - Flu or cold symptoms
 - Alcohol/drug intoxication
 - Pain medication
- * Due to the limited funding, NTC providers will carefully determine eligibility and may or may not cover emergency care. Coverage will be based on the above criteria and after careful examination of emergency room medical records.
- * There will be a cap of \$3,000.00 per year per eligible IHS beneficiary. This will include \$550.00 towards an ambulance ride.
- * NTC will be payer of last resort. An appeal may be filed in writing and must be received within 30 days from the date your denial letter was received.



We would also like to congratulate the Ninilchik NYO team on their impressive results at the Peninsula Winter Games. Way to go!

Thank You,

*Janet Mullen
NTC Tribal Health Director*

NTC Community Clinic: Behavioral Health

AmeriCorps Volunteer in Ninilchik: Behavioral Health Awarded Grant Position

The Ninilchik Traditional Council's Behavioral Health Program is proud to announce its recent selection as a host site for the Rural Alaska Community Action Program! "RurAL CAP" is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans. Through AmeriCorps, RurAL CAP provides rural Alaskan communities with volunteers dedicated to fulfilling its mission of community wellness and development.

This year, Ninilchik has been selected as the grant recipient for the RurAL CAP Building Initiatives in Rural Community Health (BIRCH) AmeriCorps Program. As part of the application process, it was necessary to select a candidate for this position and we are pleased to welcome Lindsay Schnabl to our outreach team. She is one of 15 individuals selected across the state of Alaska and will be a qualified member of the BIRCH AmeriCorps Program and a tremendous asset to all of our outreach efforts in the coming year.

The Behavioral Health Program would like to give special thanks to Janet Mullen and Ivan Encelewski for their letters of support during the application process and their continued encouragement and guidance for all of Behavioral Health's outreach efforts.



About Lindsay

Lindsay Schnabl is a Ninilchik High School graduate and is currently taking a gap year before beginning nursing school. As a member of the community, Lindsay is looking forward to having the opportunity to help improve the quality of life for the residents of her hometown through youth outreach and leadership activities.

Her primary purpose as a BIRCH AmeriCorps member will be organizing youth programs that engage youth in positive, skill building activities that promote wellness, respect, strength, and prevent suicide and substance abuse.



Teen Center Study Hall

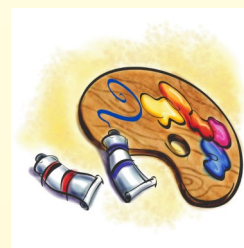
The Teen Center is now hosting a study hall every Monday and Wednesday from 3:30 to 6:00 pm. If your student needs extra time, space, and some assistance, it is the best place to be! The study hall is hosted by an onsite tutor to offer help with homework as well as college prep topics. Computers with internet access and snacks are provided by NTC.

Call 567-3370 for more information about any of the Teen Center's activities.

ATTENTION ARTISTS:

The Ninilchik Community Clinic is looking for artwork to hang on our walls. If you would like a way to advertise your work or just need a place to hang your work, we would love to help. We have bare walls that want to show off your talent.

If you are interested, please drop your art off at the clinic or the Community Outreach building next door to the clinic and we will hang it. If you have any questions please call Janet at 567-3370. Thank you.



For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff:
Donna Henry, Behavioral Health Services Manager at dhenry@ninilchiktribe-nsn.gov
Maureen Todd, Behavioral Health Aide at mtodd@ninilchiktribe-nsn.gov

2014 Health Fair



The Ninilchik Traditional Council presents: 2014 Ninilchik Community Health Fair

Saturday, March 22nd, 2014

9:00 AM - 2:00 PM

At Ninilchik School, Mile 136.6 Sterling Highway

The health fair offers free health education and screening. Come have your blood pressure taken or talk with a nurse. There is also low-cost, high quality blood testing for adults 18 years and older to help you stay current with your health needs! The fair will offer information on many topics and fun health activities such as:

Cancer
Education

Physical
Therapy

Smoking
Cessation

Vision &
Eye
Health

Yoga
Demonstrations

Using the
Patient
Information
Portal

Women &
Heart Disease

Visit us and
learn ways to
take charge
of your
health!

And More! The fair will also have:

- Door Prizes
- Face Painting
- Scavenger Hunt
- Interactive Booths
- Diabetes-friendly Cooking
- Ambulance Walkthrough

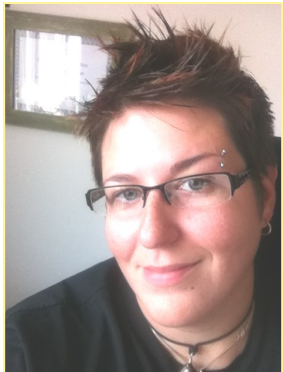
There is something for everyone kids to adults!

**United
Way**



For more information on the Alaska Health Fair visit
www.alaskahealthfair.org or call 907-278-0234

Elders Outreach



~Farewell~

I would like to formally let you all know I will be moving out of state in February 2014 and will no longer be serving you as the Elders Outreach Coordinator. Although I will no longer be an employee of Ninilchik Traditional Council, I will continually be willing to learn, striving to serve those I can and to constantly be coming home.

I am grateful to each of you for your time, guidance and patience. I also am grateful to the Tribal Council, our President and our Directors. I am indebted with thanks to Ivan, our Executive Director and especially to my boss, Janet who has continually supported my efforts in this program. Also I wouldn't have been able to fulfill this role without my mom, thank you and my grandmother, who had unknowingly summoned me home for a role I was yet to fill.

I wish you all the best as I continue to walk on my journey, but would like to leave you with a final thought. Each program at Ninilchik Traditional Council is what the staff and what you make it, this is ultimately what you participate in. I urge you all to seek out a Tribal Member that you feel would benefit this role as the Elders Outreach Coordinator and suggest they fill out an application. I ask you to seek someone you feel would continue to grow the program and someone who would serve you not only with bounty, luncheons and time, but with heart. I wish nothing but success for the future.

Thank you all again and don't hesitate to call! I'll miss you all.

Elders Outreach Program Mission

The Elders Outreach Program is an organization of the Ninilchik Traditional Council whose purpose is providing services to Elders, 55 and over, in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

Eligibility Requirements

Alaska Natives 55+ around Cook Inlet and surrounding area.
Tribal boundaries extend from south of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mt. Redoubt.



Ninilchik Health & Wellness Club



CLUB *news*

Iditarod Challenge

It's our *third* annual Iditarod Challenge at the Club!

Together we will travel all **1,049 miles** of the Iditarod! Log all miles & turn them in so we can track our progress on our Iditarod Challenge Map.

This year, the race starts on **Saturday, March 1st.**

We'll keep track of all the miles completed by our Club members. You can walk, run, bike, swim, ice skate, row, ski - anything goes as long as it's exercise! This is free and doesn't require signing up. Just come in and tell us your mileage total! It's so easy and fun!

SOME QUIT DUE TO SLOW PROGRESS,
NEVER GRASPING THE FACT THAT
SLOW PROGRESS...IS PROGRESS.

Personal Training at the Club

Happy Anniversary to Tammy! She has been our Personal Trainer for a year!!

We are so grateful to have such a wonderful addition to our Club. If you have any fitness goals you're having trouble reaching on your own, give Tammy a try. She works with all different fitness levels!

One-on-one sessions are \$45 an hour, or you can work out with a buddy for \$30 per person.

Ninilchik Health & Wellness Club Cont.

Halibut with Pepitas

Here's a recipe from Vinter Vigglov reigning champion, Susan Chihuly:

2 T pepitas (pumpkin seeds), 4 6-oz. Halibut fillets, 2 t kosher salt, 1/2 t freshly ground black pepper, 2 T extra virgin olive oil, 2 T fresh lemon juice, 1 c vegetable stock, 1 1/2 T capers, drained & rinsed, 1/2 c halved cherry tomatoes (quartered if they're big), 1/4 c torn fresh basil, plus a handful of small leaves for garnish. Lightly toast the pepitas in fry pan – don't allow to brown. As soon as you begin to smell them, remove the pan from the heat, transfer the pepitas and set aside. Sear the halibut (seasoned w/salt & pepper) in olive oil on both sides. Add lemon juice & capers to halibut. Add stock & tomatoes & simmer until the tomatoes release some juices. Place the pan in a 400 deg. oven until fish is cooked through. Baste the fish with the juices. Add the torn basil & pepitas. Serve the fish over brown rice with the juices spooned over all. Enjoy!

YOGA

- **Tuesdays**
Hatha Yoga
5:15-6:30pm
- **Wednesdays**
Hatha Yoga
11:00am-noon
- **Thursdays**
Vinyasa Yoga
5:15-6:30pm

What Does the Club Offer?

• Yoga Classes

Free for members
\$5 per class for visitors

• Therapeutic Massage

\$65 an hour
Elise Spofford 907.252.9544

• Personal Training

\$45 an hour
Tammy Zweischer 907.252.5115

• Affordable Rates

• Challenges

• Tanning Bed

\$6 a tan
Buy 10 get 1 free

• Showers

• High Quality Gym Equipment

• And MORE

HOURS

Monday-Friday

7am-9pm

Saturdays

8am-3pm

(P) 907.567.3455

(F) 907.567.3379

hwc@ninilchiktribe-nsn.gov

FEBRUARY

Su Mo Tu We Th Fri Sat

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

CLOSED

MARCH

Su Mo Tu We Th Fri Sat

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

HATHA YOGA

VINYASA YOGA

February 2014 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Parenting Course 10:00AM-12:00PM Hatha Yoga 5:15—6:30 PM	5 Hatha Yoga 11:00—12:00 PM	6 Vinyasa Yoga 5:15—6:30 PM	7	8
9	10	11 Parenting Course 10:00AM-12:00PM Hatha Yoga 5:15—6:30 PM	12 Hatha Yoga 11:00—12:00 PM	13 Regular Council Meeting 10:00 AM Vinyasa Yoga 5:15—6:30 PM	14	15
16	17 Presidents Day NTC Closed 	18 Parenting Course 10:00AM-12:00PM Hatha Yoga 5:15—6:30 PM	19 Hatha Yoga 11:00—12:00 PM	20 Vinyasa Yoga 5:15—6:30 PM	21 Book Club 3:30 PM	22
23	24	25 Parenting Course 10:00AM-12:00PM	26	27 Vinyasa Yoga 5:15—6:30 PM	28 Creative Writing 2:00 PM	

March 2014 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Parenting Course 10:00AM-12:00PM Hatha Yoga 5:15-6:30 PM	5 Hatha Yoga 11:00-12:00 PM	6 Vinyasa Yoga 5:15-6:30 PM	7	8
9	10	11 Hatha Yoga 5:15-6:30 PM	12 Hatha Yoga 11:00-12:00 PM	13	14 Regular Council Meeting 10:00 AM	15
16	17	18 Hatha Yoga 5:15-6:30 PM	19 Hatha Yoga 11:00-12:00 PM	20 Vinyasa Yoga 5:15-6:30 PM	21 Book Club 3:30 PM	22 Health Fair @ Ninilchik School 9:00 AM - 2:00 PM 
23	24 30	25 Hatha Yoga 5:15-6:30 PM	26 Hatha Yoga 11:00-12:00 PM	27 Vinyasa Yoga 5:15-6:30 PM	28	29
		31 Seward's Day NTC Closed				



Ninilchik
Traditional
Council
P.O. Box 39070
Ninilchik, AK 99639

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ntc@ninilchiktribe-nsn.gov

TO:

NTC Newsletter February & March 2014



Are you planning to move or change your contact information?

Let us know!

- Tribal members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Admin Office to keep their information up to date.
- Those on the general public mailing list may contact Argent Kvasnikoff at the NTC Admin Office front desk.

Please call (907)-567-3313 to speak to either Christina or Argent to make sure we can keep current. Thank you!